



WELLNESS WEEKLY

APRIL 7, 2014

APRIL IS...

- ◆ Stress Awareness Month
- ◆ World Health Day (April 7th)
- ◆ National Public Health Week (April 7-13th)
- ◆ National Testicular Cancer and Esophageal Awareness Month
- ◆ Alcohol Awareness Month

What is a CSA?

Community Supported Agriculture (CSA) is a pre-paid box of fruits and vegetables from a local farm. In the Homegrown Baltimore Employee Wellness CSA FarmShare, produce will be delivered directly to your office. Join the Homegrown Baltimore Employee Wellness CSA FarmShare! Contact Joanna Winkler at Joanna.winkler@baltimorecity.gov to find out how to sign up.

ALL WELLNESS EVENTS ARE:

FREE & OPEN TO ALL BALTIMORE CITY EMPLOYEES

For more information contact Lisa Evans, City of Baltimore Wellness Manager at
Wellness
@baltimorecity.gov
Phone: 410 396-3872



This Week's Events:

<u>Event</u>	<u>Date</u>	<u>Location</u>	<u>Time</u>
Introduction to Mindful Meditation (sponsored by Kaiser Permanente)	Apr. 9	The Department of Human Resources 201 E. Baltimore Street, 5th Floor (across from Benefits Division) Room 5A Registration Required: www.cityofbaltimorewellness.com	12:00-1:00 p.m.
Baltimore Bike Rides (weekly)	Apr. 11- Oct. 31	War Memorial Plaza 100 N. Holliday Street Baltimore, MD 21202 Registration Preferred: www.cityofbaltimorewellness.com	12:00-1:00 p.m.

Coming Soon:

<u>Event</u>	<u>Date</u>	<u>Location</u>	<u>Time</u>
Yoga (sponsored by United Healthcare)	Apr. 16	Department of Human Resources 201 E. Baltimore St. 4th Floor, Room 450 Baltimore, MD 21202	12:00-1:00 p.m.
Feel Fine in Five: Stress Reduction (sponsored by Aetna)	Apr. 23	Department of Human Resources 201 E. Baltimore St. 1st Fl., Montebello Suite Baltimore, MD 21202	12:00-1:00 p.m.

What is World Health Day?

Celebrated on April 7th every year to mark the anniversary of the founding of the World Health Organization in 1948. Each year a theme is selected that highlights a priority area of public health. **The theme for 2014 is Vector-Borne Diseases.**

What are Vector-Borne Diseases?

Living organisms that transmit infectious diseases between humans or from animals to humans. Every year more than one billion people are infected.

- Mosquitoes are the best known disease vector.
- Others include certain species of ticks, flies, sandflies, fleas, bugs and freshwater snails.

GOAL: Better Protection from Vector-Borne Diseases

Raising awareness about the threat posed by vectors and vector-borne diseases stimulate families and communities to take action to protect themselves.

This information provided by World Health Organization is not intended nor implied to be a substitute for professional medical advice. It is provided for educational purposes only.

**ATTEND A WELLNESS EVENT THIS MONTH AND YOUR NAME WILL BE AUTOMATICALLY ENTERED INTO A DRAWING FOR A FITNESS GIVEAWAY
(YOU DO NOT HAVE TO BE PRESENT TO WIN)**